Nutrition News

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A MILK SUPPLY FOR THE FAR EAST

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A milk supply for people of the Far East always has been considered a remote possibility. Then American servicemen, accustomed to drinking ample quantities of milk, were sent to that area, and something had to be done to make milk available to them. That very fact may lead ultimately to an adequate milk supply for the people in that area of the world.

The Army recognized the importance of finding a way to furnish milk to the 300,000 men still in the Far East. They asked me to make a personal survey to determine the feasibility of establishing milk plants which would provide an improved milk beverage.

We traveled by air for three months all over the Far East. With a technical expert I studied the situation in Hawaii, Johnson Island, Kwajalein, Guam, Tokyo, north and south Japan, Okinawa, Philippines — every area of major troop strength. We discussed the problem with military men and dairy industry leaders — and we talked to the service men themselves.

Met With Enthusiasm

A beverage milk is the one food in their diets they can't get. Commanding generals are universally and urgently supporting a milk program for the men over there, who average eighteen and nineteen years of age.

But how to make it available? Several methods were tried during the war. The use of frozen milk is too limited. Attempting to reconstitute whole milk powder is not entirely successful. Recombined milk seems to be the answer. In this process skim milk powder and butterfat are shipped to the overseas plant. There they are recombined with water, and the product is pasteurized, homogenized, and bottled to make whole, beverage milk.

Milk for the army will affect civilians. Whatever we do for the military forces in the Far East is likely to be considered quite important by civil populations. If they have the capacity to buy and when international monetary problems have been solved, there is every assurance of a large potential market for milk. There is evidence of a middle class population which would be able to buy the product. Whether they do so is a matter of gradual education. In all the Far East, local production of milk is so small that it is rationed to mothers of infants and young children.

Plant Locations

A milk supply, then, can be made available to the Far East. The next question is where to locate the recombining plants. The first of eight will be in Tokyo, an area of large population. Although the project does not include civilians, except secondarily, the Tokyo-Yokahama area requires a large occupational force that presumably will stay for several years.

In the Osaka-Kyoto area there is a population nearly equivalent to Chicago, with 40,000 to 50,000 troops interspersed among them. Another proposed plant would go there and in the northern and southern portions of Japan. A total of five plants is under consideration for that country.

Over in Korea the story is very different, as are the problems that nation faces. However, we will establish a plant to serve Americans there.

Down in the Philippines the job has been taken care of, fortunately. Plants have been established, and they need only assistance in getting additional machinery. But in Okinawa and Guam,

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where we will have troop strength for an indefinitely long period, it is undoubtedly warranted for us to have plants.

Detailed Work

The job will require a lot of detailed work. Obtaining, for example, the proper machinery for pasteurizing, cooling, and bottling; distribution to camps, hospitals, and kitchens; and sale of milk and chocolate milk through PXs and commissaries for service men's families must be arranged.

General Douglas MacArthur will support and is personally enthusiastic for a milk program in the Far East; first for the army and secondly for any portions of the Far East Command that have a desire for milk. If we establish a satisfactory milk supply there, it will mean a great deal to the people who are getting it, and it will mean better nutrition for the Far East.

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Glances AT NUTRITION RESEARCH

As food shortages tighten all over the world, studies on malnutrition problems and the nutrient content of certain foods take on more and more importance. Reviewed here are reports which add additional blocks to the ever-expanding structure of nutrition knowledge.

Under-Nutrition and Pregnancy — The effect of under-nutrition in a pregnant mother upon her newly-born infant has been studied in Holland. Apparently because of the low food supply preceding liberation, about fifty percent of urban women evidently became infertile. The birth weight of infants dropped, and there was a significant decline in birth length. Frequency of abortion and malformation of the baby could not be determined. Prematurity increased insignificantly. Still-birth was not increased, nor was mortality of the newly-born infant. Breast feeding did not decline. These occurrences in Holland add support to the accumulating evidence that growth of the unborn baby may be retarded by lack of proper maternal diet.

—J. Pediatrics 30:229 (March) 1947.

Nutrients in Ice Cream—The first complete study on the nutritive value of commercial vanilla ice cream has just been published by A. C. Dahlberg and J. K. Loosli of Cornell University. According to their data, the riboflavin and vitamin A content of vanilla ice cream is considerably greater than calculated values indicated.

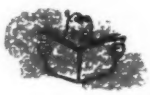
—J. Am. Diet. Assn. 24:20 (Jan.) 1948.

Vitamin A Deficiency — Abnormalities have been found in the offspring of female rats fed diets deficient in vitamin A. The severity of the deficiency appeared to be directly related to the number of young born abnormal. The deformities involved the eyes and soft tissues. In some rats, the chest organs and liver were underdeveloped. Kidneys and other organs also showed defects. External appearance was visably altered. Scientists who conducted this experiment have previously shown that riboflavin deficiency in mother rats causes abnormalities in the skeletal tissue of the young.

—J. Nutrition 35:1 (Jan.) 1948.

Availability of Riboflavin — The availability of the riboflavin in ice cream, green peas, and almonds is the subject of a study recently completed at Iowa State College. Findings show that riboflavin of ice cream is almost completely available to the body, while less than half of the riboflavin in green peas and almonds is in a usable form.

—J. Nutrition 35:209 (Feb.) 1948.



Dental Caries in Italy — In a recent study among teen-age Italian children, thirty-five percent were found to be free of dental caries. Of the sixty-five percent that suffered from dental decay, more than eighty percent showed only the initial stages. In the United States, prevalance of caries is more than twice that much. The fact that the Italian children were underdeveloped and their intake of refined sugar was low may help to explain the difference.

—J. Pediatrics 31:431 (Oct.) 1947.

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The author of this issue's lead article served in the War Department under the Quartermaster General. Mr. Reynolds was chief of procurement of perishable foods for all the armed forces. After the war he was asked to go to the Far East to seek means of providing beverage milk. Mr. Reynolds is particularly qualified for this service by a background of twenty-six years of practical, dairy industry experience.

Dietary Status

Figures on national per capita consumption of calcium, iron, and each of the five vitamins from foods were down slightly in 1947 from 1946. Predictions for 1948 show another slight drop, but with levels still well above pre-war. Present prices which prevent buying enough of some kinds of food are blamed for this trend. School lunches and other special food programs may help maintain the nation's dietary gains, but nutrition education has never been needed more urgently.

Family Life Conference

A national conference on Family Life sponsored by 110 major national organizations will be held at the White House May 6 to May 8 this year. Sponsoring groups include educational, health, legal, youth, social service, religious, business, and labor, and women's clubs. It is hoped the conference will unite the efforts of all agencies which have as one of their objectives the improvement of family life.

ST. LOUIS ESTABLISHES NUTRITION SERVICE IN COUNTY CHILD HEALTH CONFERENCES

By Virginia Daly, Nutrition Consultant
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The services of both a pediatrician and a nutritionist are available to mothers for their infants and pre-school children in St. Louis County.

In a cooperative community project, fourteen child health conferences have been established in the St. Louis, Missouri suburbs. Mothers bring well children to the clinics as often as the physician recommends. Some conferences meet every week, some once or twice a month.

Conferences are sponsored by the St. Louis County Health Department, the St. Louis Dietetic Association, the Missouri Division of Health, and the Dietetic Departments of Washington University and St. Louis University. Children receive physical examinations and immunizations. At least once a year a nutritionist attends four meetings of one of the conferences. She leads a series of nutrition discussions for mothers of the children before the physician arrives to make examinations.

Dietetic Interns

Leaders of these food talks are the interning dietitians from St. Louis hospitals. These students first attend a demonstration series of discussions. Two of the conferences were chosen for demonstration centers and have a nutritionist always present. Then students receive instructions from one of their supervisors and each becomes discussion leader for a series of four lessons at her own conference meetings.

The nutrition discussions are outlined by the instructor, who also provides students with reference material. These pieces help them prepare to lead the discussions and answer the questions that may be asked.

Four Messages

The dietitian brings four messages for discussion with the mothers: (1) Nutrition in relation to other good habits, (2) establishing good eating habits for the baby and young child, (3) a question and answer discussion about the general feeding of children, and (4) how to include the foods which a child needs in the family's meals. Mothers attend these meetings according to when the physician schedules their visits to the clinic. Some may hear more than one nutrition discussion, but few hear all of them. Each meeting's topic is complete in itself.

The discussions last for twenty minutes and are carried on as informally as possible. The dietetic intern is present to lead the discussion and add her technical knowledge. The mothers add to the discussion the knowledge which they have gathered through practical experience. At the end of the discussion, it is the leader's duty to summarize what has been said and to help the group members pick out their weak points. She helps accomplish a group decision for action, the most effective way of changing food habits.

Emphasis on Needs

Particular emphasis is placed upon the needs of the mothers who present their problems to the dietitian and public health nurse in attendance. After the discussion, the nutritionist remains to talk to mothers who are referred by the pediatrician.

While discussions form the backbone of the nutrition program, visual aids have been used with remarkable success.

Helps Interns

Participation in these health conferences helps the dietetic intern understand more clearly the part she eventually will take in the community nutrition field. She is able to compare individual teachings with consultation work and with group teachings. She learns to adapt herself to various situations which are likely to arise after she has entered the field. Not to be overlooked is the experience she obtains by observing the association between the doctor, the nurse, and the dietitian.

Besides giving dietitians the opportunity to learn first hand a new type of community nutrition service, it is hoped that this project will eventually lead to the addition of a trained nutritionist to the staff of the official health department.

PLAIN FACTS TOLD IN SIMPLE LANGUAGE MEAN MORE AND EASIER READING

By Julia P. Brunson, Nutrition Consultant
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Ed. Note: At one time or another, we all are called upon to put our thoughts into print. Miss Brunson, who has been notably successful in presenting nutrition facts simply, gives some tips on how it's done.

"Clear writing is the direct result of clear thinking."

Patience and a pair of scissors are necessary for simple writing, and before the printing is completed both will be worn out.

First you write in ordinary style. Then it's fun to see the unnecessary words and phrases and eliminate them. Next you will want to further streamline the already streamlined sentences. For instance, you might first write, "The nutritive constituents of milk enter into the body composition." Next it is simplified to, "Milk helps promote growth and development," and finally it becomes just, "Milk helps build the body."

Consider Readers

When phrasing your sentences, think of those for whom you are writing. How would you talk to them individually or collectively? Listen to and adapt their expressions. Are they colloqualisms or correct according to Webster? For example, the expression, "This is the way to fix water for the baby." The word "fix," meaning to make firm, is used instead of "prepare." You will need to decide if it seems advisable to use Webster's interpretation, even though the word is not commonly used by the group.

Another example of difficulty with words concerns the vocabulary of different social strata regarding human anatomy. One group may say, "I have

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—that two ex-GI's are marketing the European delicacy, rose-petal jelly?

●

—that cultured buttermilk can now be made from reconstituted skim milk?

●

—that you can now get a two gallon home pasteurizer for farm use?

●

—that Italians have learned to make macaroni from maize instead of wheat?

●

—that orange and tangerine, chocolate, tomato, garlic, and pepper flavored cheeses are being produced in Asia?

●

—that a "butter conditioner" in the wall of a new refrigerator will keep butter sweet and spreadable?

●

—that the first complete study on the food value of commercial vanilla ice cream has just been conducted at Cornell University?

●

—that a new product made from apples will eliminate cooking odors from fish and other foods cooked with it?

THINGS YOU'LL LIKE TO READ

A specialized FAO Committee has published a report on **Energy-Yielding Components of Food and Computation of Calorie Values.** (Washington: Food and Agriculture Organization. 1947.) The report makes suggestions for a practical, standard procedure to find the energy value of foods and diets. It presents a list of energy values of groups of foods that is applicable to all individual foods classified in that group. Present methods are summarized and evaluated here.

Complete information on organizing and administering a community nutrition service is available in **A Guide for Community Nutritionists** (Sophie Gordon Thaw and Elizabeth K. Cass. New York: The Nutrition Foundation, Inc. 1947.) This valuable handbook will also be helpful to public health administrators, local nutrition committees, and students of applied nutrition. Suggestions for studying the community and for applying techniques in conducting a nutrition service are concisely given. Eleven sample forms for studies and reports are included. The six-page bibliography will be of particular value to the nutritionist beginning her library.

Milk and Food Sanitation Practice (H. S. Adams. New York: The Commonwealth Fund. 1947.) is a text of both theory and practical use. Designed for public health workers, it contains some valuable reference material for the nutritionist. The author advocates education to advance sanitation. He tells how to plan and conduct classes of instruction for milk and food handlers, and includes outlines and lecture notes. Also included are the nutritive value of milk, its economic importance, cause of undesirable flavors, pasteurization methods, home pasteurization and care, and meeting common objections to pasteurization.

PLAIN FACTS TOLD IN SIMPLE LANGUAGE MEAN MORE AND EASIER READING

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a pain in the stomach," another, "I got the misery in the belly." Terms that are incorrect or that may be offensive to the group even though correct are better not used. In this case "abdomen" is preferred.

Illustrations Familiar

Psychologists tell us that we like to see familiar objects in pictures. Printed illustrations are more helpful in teaching if they represent a standard of living which is high enough to stimulate the group but which is not completely beyond their reach. Illustrations that ridicule people, especially minority groups, are offensive. Industry pictures should be acceptable to both labor and management.

To get illustrations that are meaningful to the reader, you will have to assist the artist. If he has never seen a sirup mill, you will have to get him a photograph. If he has never seen grits, you may need to cook them for him. Keep the illustrations on the reader's level. To illustrate machinery to a share cropper, picture a cotton mill, not an electric dynamo.

You may need to have technical experts check your writing to see if the information is correct. This is especially important because it is necessary to make more direct statements in "plain talk" than ordinarily.

When the dummy is set up, you will allow ample white space for spacing and illustrations. Primer style is used for "plain talk," with each sentence starting on a new line and each new subject on a new page. You will find that you must now re-write, and some times cut out entire sentences.

Ready to Print

Now your masterpiece is ready for printing. In the meantime the printer has advised fourteen-point type.

(This is fourteen-point type.)

He suggests six- to twelve-point spaces between lines. He looks at the dummy. "Too crowded," he mutters, "but we'll set it up."

Later the proof comes back. Probably you realize that you need even more space. As you begin that final cutting job, you acknowledge, with a sigh, that those blank, colorless white spaces are even more important to readership than any of your precious words.